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The Easterville First Nations reserve in northern Manitoba.
TORSTAR NEWS SERVICE FILE

What the tribunal said

- **The federal government failed to provide** the same level of child welfare services that the provinces provided off-reserve, resulting in countless First Nations children placed unnecessarily in foster care.
- **Children have been denied benefits** based on their race and ethnic origin, perpetuating the disadvantage already suffered due to the residential school system.
- **Federal funding for child welfare** is between 22 and 38.5 per cent less than what has typically been provided at the provincial level.

More coverage, metroNEWS

Tragedy and possibility

CHILDREN ON RESERVES

Advocate hails human rights ruling citing discrimination

Braeden Jones
Metro | Winnipeg

A board member of Winnipeg's Ma Mawi Wi Chi Itata (MMWCI) Centre says the recent ruling that the federal government discriminates against on-reserve indigenous youth is positive, but only the first step towards fixing the problem.

The Canadian Human Rights Tribunal announced Tuesday the federal funding model of First Nations child and family services "resulted in denials of service" and inequality.

"Every child matters.... That means every child has the opportunity to avail themselves of what this country offers us, no matter where they live and who they are born to," said Damon Johnston of MMWCI. "We can make a good piece of that happen with better practice of application of new tools."

The tribunal ruling directed the federal government to stop the discriminatory practice of underfunding First Nations CFS, and recommended increasing funding to redress it by allowing First Nations to deliver their own child welfare.

Johnston says it's "not just throwing money at stuff" that will bring parity, but it's also incumbent on councils and communities to make sure things happen.

"Just giving money is not going to be a solution.... Governments have to work with the communities to raise the standards," he said.

But that kind of bilateral co-operation is something he has a lot of hope for with the Liberal government in Ottawa.

"We have a strong indication from our new prime minister indigenous peoples are a priority," he said. "Of course the proof is always in the pudding, but also there are different avenues to approach these issues."

To Johnston, "evidence-based" best practice and support in implementing it is as important as funding equality.

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Still three minutes to midnight: Doomsday clock doesn't budge.

Fact-checking Manitoba's leadership in job creation

MANITOBA ELECTION 2016

It's true, if you're just looking at the past two years

Braeden Jones
Metro | Winnipeg

Premier Greg Selinger has boasted many times, leading up to an election call, about how Manitoba "leads the country in job creation."

The numbers show he's telling the truth — for 2014 and 2015.

In that time, Statistics Canada data released Tuesday shows Manitoba added 9,700 jobs; a 1.5 per cent increase that is the best in the country, and greater than the 0.8 per cent increase to the national total.

Selinger said Manitoba also has the "second best percentage in labour force growth and people coming into the labour market in 2015," and the "second highest per cent increase in private sector (and) full-time employment."

Provincial statistician Wilf Faulk agrees "in terms of labour market for Manitoba," 2015 was, "a pretty darn good year."

However, he admits the national average was lower than usual, given the slumping oil patch and significant job losses in Alberta.

Normally, "Alberta and Saskatchewan are at the top of the heap," Faulk explained. "What they also do is … really affect the national average."

That usually means inflating it, but not so in 2015.

"Now you're seeing the downslide of the oil-producing provinces," Faulk said.

Looking back at Selinger's job creation record shows 2015 was the exception, but not the rule since he took office in 2009.

Between 2009 and 2015, total employment increased nationwide by 7.8 per cent, but just 5.97 per cent in Manitoba according to seasonally adjusted averages from StatsCan.

That long-term job creation record places Manitoba seventh out of 10 provinces, during which time Alberta led the pack with a 13.45 per cent increase.

During Selinger's time as premier, Manitoba outperformed only British Columbia (5.15 per cent increase), Nova Scotia and New Brunswick, which both decreased in total employment since 2009.

While **Premier Greg Selinger** is right that Manitoba has the highest job creation numbers, statistician Wilf Faulk notes that Alberta and Saskatchewan's losses impact the average. THE CANADIAN PRESS

But Selinger said another shot at an NDP government would continue to build 2015's momentum.

"It is absolutely fundamental now we keep our foot on jobs and the economy and not get distracted by other things like privatizing liquor stores," he said, explaining it's his belief that it's best to create jobs "at a time when others are talking about cutting and tax breaks for big corporations."

His focus moving forward is squarely on "the growing economy," and he points to the five-year infrastructure program, continued Centreport development and strong tourism and manufacturing sectors as ways to keep creating new jobs in the province.

7th
Manitoba places seventh out of 10 provinces in terms of job creation between 2009 and 2015

5.97%
Employment increase in Manitoba from 2009-2015

7.8%
Employment increase in Canada from 2009-2015

9,700
Number of new jobs created in Manitoba from 2014-2015, a 1.5 per cent increase

0.8%
Increase in new jobs created in Canada from 2014-2015

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FOI requests to hit the web

ACCESS TO INFORMATION

Report says the city could save up to $122K annually

Stephanie Taylor
Metro | Winnipeg

After nearly two decades, Winnipeg is bringing its access to information system into the 21st century — welcome news for those who champion transparency in government and for those who control the city's purse strings.

Recently, officials began shopping around for a case management system — a computer software program that promises a reduction in the staff time and costs it takes to process freedom of information requests.

These are requests made under the Freedom of Information and Protection of Privacy Act (FIPPA) by members of the public and media to obtain records held by the city, such as the number of speeding tickets issued in a month or the mayor's daily schedule.

"In order to continue to meet increasing public demand for access to information, the proposed case management system will streamline how the city receives, tracks and manages the growing volume of requests we receive each year," city spokeswoman Kailey Barron wrote in an email to Metro.

She says the current model, developed in 1998, sees requests filed to the city clerk's office, then sent to the appropriate department for staff to respond.

But with a web-based system, residents and staff will now be able to track their requests in real-time and expect speedier responses thanks to an online submission option, and the ability for city's privacy coordinators to collaborate on a single file per request, according to an administrate report published last September.

It explains the switchover was needed to ensure officials met response times within the legislated time frame of 30 days, which was becoming increasingly difficult due to the dramatic uptick in requests over the past decade.

In 2006, the report shows the city received 234 requests compared to more than 1,200 expected by the end of 2015.

By streamlining the process, the report says the city expects to save $81,000 to $122,000 annually in salary, as compiling information for requests often fell on the shoulders of departmental staff on top of their regular jobs.

Cash for the new software was earmarked at $30,000 during a city committee last fall, but a bid is currently open on the city's website.

The city says the purchase falls in line with other open government initiatives.

Winnipeg's access to information system is about to get a digital makeover. ELISHA DACEY/METRO

DOWNTOWN

Times Square expert to visit city to discuss plaza

A man celebrated for transforming New York City's Times Square into a world-renowned pedestrian plaza will be offering some advice to city officials and business owners in Winnipeg about opening up Portage and Main.

Tim Tompkins, who is president and CEO of the Times Square Alliance, will be visiting the city next week in order to meet with city managers, and property owners on the historic downtown corner to discuss challenges and opportunities around removing the decades-old barriers.

Members of public will also have a chance to hear Tompkins and other experts speak at a panel discussion — called Imagine Portage & Main — at the Fairmont hotel on Feb. 4 from 5:30 p.m. to 7:30 p.m.

Storyboards featuring possible designs for a non-barricaded Portage and Main will be set up in the underground rotunda from Feb. 1 to 3 from 11 a.m. to 1:30 p.m. METRO

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Delay underpass: Wyatt

INFRASTRUCTURE

Councillor says project should wait

Stephanie Taylor
Metro | Winnipeg

One city councillor believes Winnipeg should reassess its priorities when it comes to undertaking mega-infrastructure projects.

On Tuesday, Russ Wyatt emailed media with his plan to bring forward a notice of motion during Wednesday's council meeting.

In his motion, Wyatt outlines that because of the province's recently announced task force on rail relocation, plans to construct a $155-million underpass at the railway crossing of Waverley Street and Taylor Avenue should be shelved until the rail line is moved.

"The City of Winnipeg is setting a dangerous precedent of agreeing to repay a railway for their share of rail/grade crossing separation costs … in the event the railway is later relocated." Wyatt says.

Last March, city council approved a list of four infrastructure projects to receive funding from the federal government through the New Building Canada Fund.

The list was ranked by priority level, with the Waverley underpass project in the top spot.

Wyatt is now asking council to bump that project down to third place, tackling a multi-million dollar extension to Chief Peguis Trail first.

During last week's committee meeting on infrastructure renewal and public works, the city's chief administrative officer, Doug McNeil, cautioned that in spite of ongoing discussions, the reality of moving rail lines out of the city would cost taxpayers millions, and take years to accomplish.

> **The City of Winnipeg is setting a dangerous precedent.**
> Coun. Russ Wyatt

Russ Wyatt says the Waverley Underpass should wait until the train line has moved. METRO FILE

PUBLIC SPACE

City reveals pedestrian-friendly renovation plans

Plans are rolling ahead to expand public space in Winnipeg's Exchange District.

This week, city staff will unveil three concept designs for renovations on Lily Street, Pacific Avenue and John Hirsch Place.

According to the city, the redesigns for the area — located on northeast side of the district bordered by Main Street, the Red River and Bannatyne Avenue — would feature more pedestrian-friendly street infrastructure, new public art, wider sidewalks and new lighting.

Construction for Lily Street and Pacific Avenue could begin as early as 2016 and 2017 for the John Hirsch Place.

Members of the public are invited to see the designs during an open house at the Pantages Playhouse Theatre this Thursday from 4 to 7 p.m.

The city says improvements to the area were outlined in a 2014 engineering study.

STEPHANIE TAYLOR/METRO

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SEX ASSAULT

Victim fought court ban to put pedophile in public eye

A 20-year-old man who was just 10 years old when he was sexually assaulted by convicted pedophile Peter Whitmore says he hopes his newfound freedom to share his story will help other survivors.

Zachary Miller and his family fought to have a publication ban that protected his identity lifted, something that Saskatchewan Court of Queen's Bench agreed to do in late December.

Miller was 10 when he and a 14-year-old boy from Manitoba were kidnapped from near his family farm and sexually assaulted by Whitmore in July 2006.

Whitmore, who had been convicted of sexually assaulting several other children before the Saskatchewan abduction, was given a life sentence.

He became eligible to apply for parole in 2013, but has turned down two opportunities to make the application.

Miller says going public has not been easy, but he hopes it can help other survivors heal.

"It did feel like I was being silenced," he explains. "It felt like I was losing my right to my own freedom of speech. I felt a victim under the court."

The Canadian Centre for Child Protection helped the Millers in court and with their healing journey.

"We used this opportunity with them to be able to tell an important story so we could start raising awareness about what we see as a very, very significant risk to children," says Lianna McDonald.

Miller says he hopes to be able to work with other survivors of child sexual assault.

"Their voice is powerful, and they can use it and stand up," he says. "They're not alone out there."

He and his parents are also petitioning the federal government for tougher sentencing and release rules for people convicted of child sexual assault.

THE CANADIAN PRESS

Zachary Miller was 10 when he and a 14-year-old boy were kidnapped. TORSTAR NEWS SERVICE

> **We used this opportunity ... to tell an important story so we could start raising awareness about what we see as a very, very significant risk to children.**
>
> Lianna McDonald, Canadian Centre for Child Protection

SEX CRIMES

Mr. Jetz defends himself at trial

A Winnipeg man is representing himself at his trial on charges of prostitution and child pornography. Darrell Ackman, who calls himself "MrJetz TV" on YouTube, was arrested and charged in July 2012.

His trial started Monday. The Crown told the jury that Ackman tried to sell underage girls to an undercover officer. The 45-year-old was charged again after child pornography was found in his home.

Darrell Ackman CONTRIBUTED

The trial is being heard by a jury of three men and nine women and is expected to last until early March.

On Tuesday, Ackman cross-examined the police officer who arrested him. THE CANADIAN PRESS

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PREMIERES
TONIGHT 9

Snowmobile deaths 'accidental'

POWERVIEW, MANITOBA

Father, son die after head-on crash near remote cabin

Relatives are calling the death of a 49-year-old man and his 14-year-old son on the weekend a freak accident.

Gary Schellenberg and his son Evan were driving snowmobiles near the family's cabin at English Lake in southeastern Manitoba at about 4:30 a.m. Sunday morning when they collided head-on.

Another son, Russell Schellenberg, said Monday that his little brother was on his own machine headed from the cabin toward a campfire 1.5 kilometres away at the same time his father and some other riders were headed toward the cabin from the campfire.

Somewhere in between, they smashed into each other — Russell said it's possible one of them hit an ice rut or his father's goggles fogged up.

"I check out my dad and he's not breathing, so I rush over to Evan," he said. "As carefully as we could we pulled off his helmet — he was somewhat breathing."

One of the other riders left and called 911 while Russell performed CPR, but to no avail.

RCMP said the remoteness of the area, the weather and the time of the collision presented unique challenges to the officers responding. By the time they arrived on their own snowmobiles, both father and son were dead. A woman who was also hurt in the crash was transported to hospital in stable condition.

Russell Schellenberg said he didn't think either his father or brother could have survived their injuries.

He said the loss will change his family forever.

"Just about every weekend we go to the cabin, me, him and Evan," he said. "It's our favourite time of year, our favourite thing to do." THE CANADIAN PRESS

> **I check out my dad and he's not breathing.**
> Russell Schellenberg

The Schellenberg family, including Gary (second from right) and his son Evan (bottom right).
GOFUNDME

CRIME

Personal health info stolen from WRHA nurse

The Winnipeg Regional Health Authority has lost the personal health information of 67 clients in an alleged theft.

The information was in a nurse's bag, which was taken from a parked vehicle while the nurse was working at the WRHA Community Intravenous Program on Jan. 14.

A statement from the WRHA said the bag "contained information pertaining to the nurse's schedule of activities and included some personal health information of some clients."

The WRHA drew up a list of clients whose information may have been included, and contacted all 67 people to let them know what happened and offer them a number for support if they had questions, said the WRHA.

The theft has been reported to the Winnipeg Police Service and is being investigated. METRO

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‘Today is a good day’

CHILD WELFARE

New hope for the indigenous population in tribunal ruling

The federal government discriminated against children on reserves in its funding of child welfare services, the Canadian Human Rights Tribunal said in a landmark ruling Tuesday.

The quasi-judicial body published its findings nine years after a complaint from the Assembly of First Nations and The First Nations Child and Family Caring Society of Canada, which argued the federal government failed to provide First Nations children with the same level of services that exist elsewhere.

In the decision, which is considered legally binding, the tribunal found First Nations are adversely impacted by the services provided by the government and, in some cases, denied services as a result of the government’s involvement.

“The panel acknowledges the suffering of those First Nations children and families who are or have been denied an equitable opportunity to remain together or to be reunited in a timely manner,” the ruling said.

“We need to make sure these children get what they need immediately.”
Cindy Blackstock

Cindy Blackstock, executive director of the The First Nations Child and Family Caring Society of Canada, said the decision marks a great day for First Nations children and for Canadians who believe in justice and fairness.

She is urging the federal government to take immediate action, adding she will be watching to see how Prime Minister Justin Trudeau responds, given his commitment to implement all 94 recommendations from the Truth and Reconciliation Commission.

The Liberal government was not surprised by the ruling, said Wilson-Raybould, noting it is committed to acting on the child welfare issue and to working toward a nation-to-nation relationship with Canada’s indigenous peoples.

“This is a good day,” she said.

THE CANADIAN PRESS

The University of Calgary, one of the three recipients, will use the money to **allow researchers to continue to lead in near-Earth research on things such as the space weather dynamics that create aurora borealis.** AFP/GETTY IMAGES

RESEARCH

Space agency awards $1.4m

Three Canadian universities are sharing $1.4 million in funding from the Canadian Space Agency.

Four awards have been given to the University of Calgary, three to the University of Alberta and one to the University of Waterloo in Ontario.

In a news release, the University of Calgary said one of the projects will push for answers to questions about how space weather interferes with GPS signals.

The other three University of Calgary projects will focus on the high-energy electrons and other charged particles that rain down into the upper atmosphere during geomagnetic storms.

THE CANADIAN PRESS

IN BRIEF

Terry Fox’s father falls ill

Terry Fox devoted his life to raising money for cancer research and now his father has been diagnosed with the disease. The family announced Tuesday on the Terry Fox Foundation website that 80-year-old Rolland Fox, known as Rolly, was recently diagnosed with lung cancer.

“He remains in very good spirits, confirmed by the dated and overused humour we are forced to endure,” the family says in a statement. THE CANADIAN PRESS

OXFORD

Dictionaries ‘sexist’: Student

Is Oxford Dictionaries perpetuating sexist stereotypes?

That’s the question asked by Memorial University of Newfoundland PhD student Michael Oman-Reagan, who has criticized the dictionary’s use of what he calls “explicitly sexist” examples.

The word rabid, for example, comes with the usage example “rabid feminist,” according to the entry at OxfordDictionaries.com, while grating is explained with the phrase, “her high, grating voice.”

Oman-Reagan, an anthropologist, also critiqued the examples used for words that don’t need to be gendered, such as housework (“she still does all the housework”), shrill (“the rising shrill of women’s voices”) and psyche (“I will never really fathom the female psyche.”)

“When Oxford editorially selects example sentences reproducing sexist stereotypes, they are making implicit, prescriptive statements about gender and language,” he wrote in a recent post at Medium.com.

TORSTAR NEWS SERVICE

Michael Oman-Reagan
CONTRIBUTED

Family's haunting diagnosis

DISEASE

Mother's Zika virus followed by microcephaly

Last spring, weeks after moving home to Brazil, Larissa Fructuoso developed a rash, like "red needle points on the skin."

She and her husband Thiago worried — they were three months pregnant — but it passed and the rash was forgotten.

It was months later that they realized a mosquito's bite may have changed their baby's life forever. "(We got) a microcephaly diagnosis," said Thiago, a 31-year-old engineer. "The first reaction of the doctor was to ask us: did we get Zika virus?"

Zika is a virus spread by mosquito and first identified in Uganda in 1947. Since emerging in Brazil last spring, the virus has exploded across the Americas, spreading to at least 22 other countries and territories.

The symptoms tend to be mild and it's estimated just one in four people show signs of infection. There is no vaccine or treatment.

Microcephaly is a condition where babies are born with small heads and incompletely formed brains. It had never been linked to Zika until doctors started noticing a dramatic rise in babies with brain malformations.

When Larissa became sick, the couple's first fear was dengue, a potentially fatal disease also spread by the aegypti. The Zika diagnosis was actually a relief and Larissa recovered after three days.

"My friends living here ... they said 'That's OK. Everybody got Zika here,'" Thiago said. "It's not a big deal."

Later, with the microcephaly diagnosis, Larissa cried for days. The couple had no idea what it would mean for their baby.

Some babies with microcephaly grow up to have normal intelligence and development. Others suffer serious developmental delays, dwarfism or seizures. Dr. Gustavo Malinger, an expert, said babies he saw faced severe mental handicaps with "no chances of intellect."

Rodrigo Fructuoso, 4, cuddles his baby sister Isabela. Isabela was born with microcephaly, a rare neurological condition where babies have small heads and incomplete brain development. CONTRIBUTED

Thiago Fructuoso, a petroleum engineer, cradles his daughter, Isabela. CONTRIBUTED

As Larissa's due date approached, doctors prepped them for the worst. On Nov. 4, 2015, Isabela was born with no major problems. Her head circumference was 31 centimetres — just shy of the 32-centimetre threshold set by Brazil's health ministry in their definition of microcephaly.

"My wife cried again," Thiago said. "It was real now and it was here."

Some doctors say Isabela's brain shows signs of malformation and will never reach the final stages of development. Others say it's too early to predict.

Isabela is developing normally for a three-month-old. She is crying, laughing and smiling — all good signs.

TORSTAR NEWS SERVICE

REFUGEE CRISIS

Denmark will keep seizing valuables

Danish lawmakers voted Tuesday to let police seize valuables worth more than $1,500 from asylum-seekers to help cover their housing and food costs while their cases are being processed.

After more than three hours of debate, the minority Liberal Party government's bill was adopted in an 81-27 vote, with the support of the opposition Social Democrats and the anti-immigration Danish People's Party — Denmark's two largest parties. Seventy lawmakers were absent.

Amendments were made, including raising the value of items asylum-seekers can keep from 3,000 kroner ($440) to 10,000 kroner ($1,500). That brings it in line with welfare rules for Danes, who must sell assets worth more than 10,000 kroner before they can receive social benefits.

Denmark received about 20,000 asylum-seekers last year, one of the highest rates per capita in the EU. THE ASSOCIATED PRESS

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Varmints still rustling cattle

ALBERTA/SASKATCHEWAN

Stealing on the rebound as livestock prices spike

It's not the Wild West but there are still low-down varmints stealing cattle and reaching into the pockets of ranchers in Alberta and Saskatchewan.

Cattle rustling has been around for ages and police say it is on the rebound in the heart of Canada's cattle industry, driven largely by ranch hands stealing livestock at a time when prices are high.

"It's still a problem today. It's like any other property, if there's value to it people are going to steal it. In recent years the value of cattle has approximately doubled," said RCMP Cpl. Christian Reister, one of Alberta's two livestock officers.

The value of that cow grazing out in the field can range from $1,500 to $2,000 apiece, which makes them particularly attractive to thieves.

Reister, 45, said the number of missing cattle in Alberta rose from 575 in 2014 to 600 in 2015. Saskatchewan's numbers for last year aren't available but there was a sizeable jump from 600 in 2013 to 1,000 in 2014.

"Some of those stats in the increase in Saskatchewan can be attributed to producers paying a little closer attention to their assets and watching their numbers a little closer," said Reister.

The investigations are tough. Looking for a cattle rustler today isn't that much different than it was 50 years ago.

"I think there are a lot of producers who often have a few heads taken and they don't know," Reister said.

"It's some of the most difficult investigations that we do. We look for tire impressions, we look for footwear impressions, we look for gateways that are cut so at this stage in 2016 really our investigations haven't changed any."

Reister said if cattle are stolen police usually don't need to go much further than local cowhands or neighbours. "They're inside jobs primarily — employees — some of them are neighbours. In some cases they just live close to the individuals but in all cases they are people who do have knowledge of handling cattle," he said.

1 Cattle at the Strathmore Stockyards in Strathmore, Alta. 2 RCMP Cpl. Christian Reister, right, and Livestock Identification Services field supervisor Gary Guichon at the Strathmore Stockyards. 3 Branding irons hang on a fence at the Strathmore Stockyards.

ALL PHOTOS: JEFF MCINTOSH/THE CANADIAN PRESS

"It would be pretty intimidating for someone from the city that's never had an experience handling cattle to carry out that type of theft."

Making investigations even harder is the fact only about half of producers now burn their individual brands onto the sides of the cattle. It used to be an industry norm but without it rustlers have an easier time getting away with the crime.

Gary Guichon of Livestock Investigation Services, a private company contracted by the Alberta government to do cattle inspections, says cattle without brands automatically raise suspicions.

"Most livestock inspectors have local knowledge so in most cases they will have an idea of the guy bringing the cattle in," said Guichon, who has been inspecting brands for 34 years.

THE CANADIAN PRESS

IN BRIEF

Ford recalls pickups

Ford is recalling about 391,000 Ranger pickups because the driver's air bag inflators can explode with too much force and cause injuries. The recall covers 2004 through 2006 model years.

THE ASSOCIATED PRESS

Hilton eyes budget brand

Hilton is launching a new brand, focusing on budget travellers looking to spend $90 to $100 a night. Tru aims to compete with economy and midscale chains like Comfort Inn.

THE ASSOCIATED PRESS

market minute

DOLLAR 71.05¢ (+0.97¢)

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GOLD $1,120.20 US (+$14.90)

NATURAL GAS: $2.158 US (+0.3¢)
DOW JONES: 16,167.23 (+282.01)

metro VIEWS
Your essential daily news
Wednesday, January 27, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I've never been a racist before, but I am now. It's 99.9 per cent foreigners in my neighbourhood. All the original Canadians have moved away. I feel hate and anger towards these people, and I can't deal with it. It would be very hard for me to move.

Dear Ellen,

I am a 68-year-old Canadian woman who has never been a racist before, but am now and don't know how to deal with it. I moved to northeast Calgary 15 years ago. Then a quarter of the people here were East Indians and Pakistanis but didn't bother me, but now it's 99.9 per cent foreigners and all original Canadians have moved away. Now I feel hate and anger towards these people and can't deal with it. It would be very hard for me to move.

Ivy, Calgary

Dear Ivy,

I suspect you have always been a racist but never had to admit it because you were hitherto surrounded mainly by people of your own ethnic group. Fortunately, for you and our troubled society, you're now fully aware of your racism and you want to address it.

Let's start by acknowledging a simple fact. Racism is not innate. It's passed on by ignorant people who are motivated by fear and hatred. It's like the good or bad table manners we learn through both instruction and example: If we're raised by gross, nasty, hateful pigs who don't care about anyone else as they greedily storm the trough, it's no surprise the next generation of pigs is going to be just as rude.

But for piglets who are exposed to more civilized behaviour, there's always hope for improvement. And, if your heart's in it, any one of us can improve at any age. The fact that you, Ivy, say you "can't deal with" your unpleasant feelings of "hate and anger" tells me you are motivated to change. So here's how to start.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange.

First, work on thinking more clearly. For example, when you say your neighbourhood is "99.9 per cent foreigners and all original Canadians have moved away," I suspect you're making the classic racist mistake of equating "Canadian" with people of a certain skin colour and presumed ethnic background, and "foreign" with people of a different skin colour and presumed ethnic background.

But that's not how it works. As you can see from my photo, I'm white, as were my dirt-poor immigrant maternal grandparents (who, coincidentally, settled a few miles outside Calgary, northeast of your own northeast hood). In other words, for all their pale pasty complexions and flaxen-blond hair, my Caucasian Gramps and Granny were never "original Canadians." Similarly, though many racists disqualify darker-skinned peoples from native-Canuck eligibility, I doubt even the most racist Calgarian would dare label the Blackfoot tribes, who've been living for at least 10,000 years in what is now called Alberta, as "foreigners."

So your hierarchy of citizenship, and the colour-coded rubric that underlies it, is no excuse for racism. In fact, there is no excuse for racism. You know it's wrong. That's why you wrote the letter.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange to you. Their language, appearance, manners, the food they eat — it's human nature to feel threatened by things we don't understand.

But it's how we react that separates us from the pigs at the trough of Canada's bounty.

One solution is to make the strange familiar. Make an effort to meet a new neighbour and share a cuppa or a meal. If you're uncomfortable approaching strangers, contact a local group or religious community or write a letter to your mayor, Naheed Nenshi (an original Canadian who was born in Toronto), to ask for help in making contact.

It probably won't be easy. But it's bound to be easier than moving away, assuming you could even find and afford a safe, racist enclave full of people like you.

Thanks for writing, Ivy. It's always good for all of us to re-examine any racist impulses we might have, and I wish you luck in your future non-racist endeavours.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Something must change post-Yatim. Why not the law?

Canadian police officers who kill people in the line of duty don't tend to go to jail.

So when a jury convicted a Toronto police officer of attempted murder this week, the city's police union head called it a "chilling" message to officers. Media claimed the verdict would reverberate across the country.

But for criminal lawyer John Struthers, the ruling underlined something else entirely, something he's been advocating: the need for a new criminal charge aimed at police, which he'd call "police officer using excessive force, causing death."

"There has to be a change in the law if we're going to adequately supervise and discipline police officers," he said.

The verdict is being called a compromise between clearing Toronto Const. James Forcillo of all charges in the shooting death of Sammy Yatim and finding him guilty of the worst of them — second-degree murder. Forcillo is the 11th Ontario police office charged with manslaughter or second-degree murder since 1990 — and all the rest were cleared.

This seeming middle ground — a conviction of attempted murder — is based on the Crown's arguments that even if Forcillo was justified in the first bullets he shot at Yatim, a young man wielding a knife on a streetcar in 2013, he was not justified in subsequent bullets fired after the teen was already on the ground.

The verdict signifies what should already be blatantly clear: The public's trust in police is waning. Both Toronto's mayor and police chief used the ruling to point to the need for police reforms. Clearly, something must change. And why not the law itself?

The new law Struthers envisions wouldn't include the same minimum sentences of a second-degree murder charge, leaving sentences completely to the judge's discretion.

Such a law would put the onus on society to define excessive use of force and state explicitly that police can be held culpable for it when it results in someone's death, Struthers argued.

In the Yatim case, the family is also suing Forcillo and the police force. But Struthers doesn't think the civil option is enough.

I agree. The jury may well have reached for some middle ground in dealing with police misconduct, and so should the Criminal Code. Murder does seem a severe charge for officers to face for actions they took on the job, especially a job defined by unpredictability and danger. But the power they wield cannot go unchecked. Society increasingly won't stand for it, and neither, apparently, will juries.

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Tired of parents wearing PJs and slippers, an English principal wants a dress code for adults dropping their kids off at school.

A guide to Africa's regional dishes

EATING

A comfort food crash course in time for the dead of winter

It's finally feeling more like winter. Our stomachs are craving the warm and comforting flavours of African cuisine: slow-cooked meats spiced with vibrant paprika and turmeric; stews made of one of the few vegetables currently in season: onions; and vegetarian-friendly meals that are good for the body and the wallet in the new year. To ease you into African cooking 101, here is a short introduction to the different regional cuisines of the continent, and spice blends to flavour your meats and vegetables.

A history of colonization from countries now known as Greece, France, Britain and Portugal, made a lasting impression on traditional dishes in Africa. Picture above: doro wot and injera. TORSTAR NEWS SERVICE

North Africa

Countries include: Egypt, Tunisia, Algeria, Libya, Sudan, Morocco

Cooking here is highly influenced by Middle Eastern and European cuisine. Falafels made from fava beans rather than chickpeas are a staple in Egyptian street food; couscous is a must-have on Moroccan menus; and Arabic favourites like baklava and shakshouka are found in Tunisia. Staple ingredients include lamb, eggplant, beans and honey, similar to what you'd find in the Mediterranean.

What's unique is the tajine, a cone-shaped earthenware pot used to slow-cook meaty stews over hot coals (think a very early version of the Crock Pot). Tunisia is also home to harissa, a fiery garlicky chili paste.

Horn of Africa

Countries include: Eritrea, Somalia, Ethiopia, Djibouti

The horn refers to the peninsula that juts out to the east coast of Africa, and is the region that most Canadians associate with African cooking thanks to our obsession with stews sopped up with injera, the Ethiopian spongy and tangy flatbread made from a nutty and tiny red grain called teff. Ethiopian and Eritrean cuisines are similar given that Eritrea was once part of Ethiopia: Both are heavy on hearty meat and vegetable stews served with injera but Eritrean cooking also incorporates tomato sauces (it was once under Italian colonization). Berbere is the quintessential spice blend made from a dozen spices including fenugreek, coriander, peppercorn, cardamom, allspice, nutmeg and cinnamon. It's used to add a fiery, oniony kick to dishes such as doro wot (chicken stew) and tibs (spicy fried beef).

East Africa

Countries include: Kenya, Uganda, Tanzania, Rwanda, Burundi, Madagascar, Mozambique, Comoros, Mauritius

The eastern coast of Africa includes more than a dozen countries that run along the Indian Ocean, in addition to the nations that make up the Horn of Africa.

Ugali is one of the most common dishes you'll find here, particularly in Kenya. It's a smooth and thick porridge made from cornmeal or millet that diners roll into little balls to go with nyama choma (roasted meat marinated in curry spices). If you want something fried, try mandazi, a crispy fried bread served by street vendors that's like the region's answer to doughnuts. Mozambique's cuisine has a mix of Portuguese flavour as piri piri sauce is a common condiment and is best exemplified in Galinha à Zambeziana: chicken cooked in coconut milk and piri piri sauce.

West Africa

Countries include: Senegal, Nigeria, Burkina Faso, Ghana, Sierra Leone, Ivory Coast

It's hard to narrow down the cuisine of 16 nations and territories, but there are some commonalities. Root vegetables such as cassava form the basis of fufu, a starchy ball of cooked dough originating in Ghana but widely eaten in the region. It's pretty bland to eat by itself so it's served as a side to soups and stews. Peanuts are a big part of many dishes as it's a major crop of Senegal including maafe, a popular spicy peanut stew of fish or meat with vegetables. Fish is also big given its proximity to the Atlantic.

Central Africa

Countries include: Central African Republic, Chad, Democratic Republic of Congo, Zambia

The food of Africa's heartland is similar to its neighbouring western region: cassava and plantains are made into fufu as a side for grilled meats, while chicken and okra are added to peanut stews.

In Bangui, the capital of the Central African Republic, there is a heavy French influence due to colonization in the late 1800s, so baguettes can be found as well. A staple in Zambia is nshima, a thick porridge made from ground corn meal that can be sweetened with milk for breakfast, or rolled into a starchy ball as a side like fufu. Ifisashi, another Zambian dish, consists of leafy greens like collards or spinach cooked in a peanut sauce.

SPICE UP YOUR LIFE COMMON AFRICAN BLENDS

THE MIX: RAS EL HANOUT

TOP ROW (L TO R): cinnamon, mace, cardamom
MIDDLE ROW: tumeric, nutmeg, black peppercorn, paprika
BOTTOM ROW: coriander, cumin, cloves

THE MIX: BERBERE

TOP ROW: fenugreek, allspice, cloves, dried onion flakes
MIDDLE ROW: coriander, cardamom, ground ginger, cinnamon
BOTTOM ROW: nutmeg, black peppercorn, dried chilies, paprika

THE MIX: TUNISIAN BAHARAT

TOP ROW: dried roses
BOTTOM ROW: black peppercorn, cinnamon

THE MIX: TSIRE

TOP ROW: cloves, ground ginger, cinnamon
BOTTOM ROW: peanuts, nutmeg, dried chilies

THE MIX: LA KARMA

TOP ROW: cumin, nutmeg, tumeric
BOTTOM ROW: cinnamon, ground ginger, black peppercorn

South Africa

Countries include: South Africa

Given its long history of colonization and trade routes, the food of this region is shaped not only by natives, but also the Dutch and the British, along with Southeast Asia. Indigenous people cooked with pumpkin and beef while the arrival of the Dutch East India Trading company in the 18th century brought in slaves from Southeast Asian Nations, which brought the influence of curries and sambals, a pungent condiment made from chilies, shrimp paste, vinegar and fish sauce. The Dutch sausage, verse worst, is the ancestor to the more popular South African boerewors, a sausage typically containing a mix of beef and pork and spiced with a mix of coriander, nutmeg, allspice and cloves. Serve that at a barbecue with pap, a traditional polenta-like side made from ground corn served alongside soups and meats, and chakalaka, a spicy relish made from a mix of baked beans, carrots, tomatoes, chilies, and curry powder.

TORSTAR NEWS SERVICE

CONTINENTAL CUISINE

Culinary regions of Africa

At just over 30 million square kilometres, Africa is the second largest continent and second most populous with 1.1 billion people. In short, there's a heck of a lot of variation in local cooking and major regional variations in flavour.

TORSTAR NEWS SERVICE

Fufu, a starchy ball of cooked dough often made with cassava flour, originated in Ghana but is eaten throughout West Africa.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Emotions soar on show

THE SHOW: Hello Goodbye, Season 1, Episode 1 (CBC)
THE MOMENT: The Honesty

Host of CBC series Dale Curd interviews people in arrivals and departures, resulting in heartfelt honesty. COURTESY CBC

At Toronto Pearson International Airport, host Dale Curd interviews a shaggy-haired guy in a yellow T-shirt. He's waiting for his wife, who's been away a month. "What do you miss about her?" Curd asks.

"Her sitting in her usual chair, or getting out of the tub," Shaggy answers. (The tub! Gotta love him for that.)

Next thing you know, Shaggy is crying. His dad died from Parkinson's, he says. He should have visited him more, "but I was selfish, and I didn't want to see it." He shakes his head.

"I have to reach out more, talk about it. It's been a trying time. I'm working through it."

When his wife arrives, she's a perfectly pretty brunette. Shaggy dashes to her side. He looks happy.

I admit, when I first heard about this reality show, I was in hysterics. People talking in airports? That's what the once-towering CBC has come to?

But after watching a single half-hour episode, I think it's destined to be a multinational franchise, for two reasons: People are desperate to talk. And they're surprisingly articulate when they get the chance.

No disrespect to Curd's ability to choose subjects and draw them out; that can't be easy. But the speed at which regular Joes go from saying "Nice to meet you" to sharing their deepest joys and sorrows is something to behold.

Maybe airports bring out people's vulnerability. But I suspect it's more that we're rarely asked, with compassion, about ourselves. The planes fly. The floodgates open.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

AMAZON

Woody Allen casts Cyrus in new show

Woody Allen has an unlikely new female star: Miley Cyrus.

Cyrus will star in Allen's not-yet-titled Amazon series, a spokeswoman for Cyrus confirmed. The head-spinning casting combines the 80-year-old filmmaker with the 23-year-old former Disney star.

Cyrus. GETTY IMAGES

Cyrus will star alongside Elaine May in the six half-hour episodes planned to run this year.

On Instagram, Cyrus posted a painting of Allen that she said had been beside her bed for years.

Cyrus wrote that she was "looking into his eyes when I got the call to be a part of the cast."

Allen has previously voiced regrets about his first foray into streaming television.

At the Cannes Film Festival in May he called it "a catastrophic mistake."

THE ASSOCIATED PRESS

GOSSIP BRIEFS

B.o.B believes Earth is flat

Rapper B.o.B went on a Twitter tirade about how he believes the earth is flat, and we're all being duped by NASA and the government.

Then the world's coolest astrophysicist, Neil deGrasse Tyson, stepped into the fray to try to talk some sense into the rapper, which was an ill-advised move on his part. B.o.B then released Flatline via Soundcloud, a weirdly paranoid track that calls out Tyson, NASA and the Masons.

I must say, propagating a rap beef with Neil deGrasse Tyson kind of makes me like B.o.B more, despite the idiocy. NED EHRBAR/METRO

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Report on Paris couture

Dior, left, featured embroidered silk gowns with "sensual, bare" accentuated shoulders in their show this week. At Chanel, right, a glimmering cape in lame and chiffon on model-of-the-minute Gigi Hadid added to the magical vibe. ALL PHOTOS GETTY IMAGES

Highlights from this week's SS 2016 collection shows

DIOR

Past remixed

Dior's first couture show since Raf Simons left took place on Monday — designed by "the studio," the house said.

In the clothes, the "spontaneous, relaxed Parisienne of today" mixed with the iconic styles of the 1940s and 1950s.

High-cut post-War shoes with occasional retro ankle bows accessorized embroidered silk gowns in freestyle volumes, often with "sensual, bare" accentuated shoulders. A couple of flapper-style lace, chiffon and tulle look also evoked the joyful feeling of the 1920s.

The studio team also set about experimenting with the famed bar jacket. It came in myriad forms: in tight, embroidered black wool, loose and white, open to expose the breast sensually, oversized and masculine, or as a beautiful dark navy wool coat.

There were also traces of the musings of past creative directors.

CHANEL

Eco couture

It was delicate couture magic with a hint of reality for Chanel. The sports-infused display saw sparkling smooth oval shoulders and curved collars define the silhouette on fastidiously embroidered gowns and skirt suits.

This curved esthetic — apparent also in oversize bulbous chignons, curved cork platforms and unusual double-eye makeup — was inspired by the 1932 cubist sculpture Head of a Woman by Pablo Picasso.

But this was very much a contemporary collection —an ecology-themed show that incorporated sustainable fabrics and took inspiration from the natural world.

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metro DRIVE

Your essential daily news

Can't miss these at the mall: Jerry Seinfield auctions off three porsches

A small crossover that's big on sass

ROAD TESTED

REVIEW

Mazda CX-3 feels like a tall hatchback with AWD

Mike Goetz
For Metro Canada

Small crossovers are hot sellers, and more and more nameplates are joining the segment. Mazda's entry in this segment — the CX-3 — is more fun to drive than most.

This is not surprising, however, as it is not that far removed from the sporty Mazda2 hatchback it is based on. Actually, in dimensions and intent, the CX-3 is more like a tall hatchback with AWD, than a more legitimate attempt at a subcompact crossover, as exemplified, for example, by the likes of Kia Soul or Jeep Renegade.

But maybe you like your crossovers flavoured this tidy way? I do. The combination of a compact and perky engine, taught handling, and relatively light overall weight, translate to a car, err crossover, that is just plain great to drive.

Doesn't look too bad either, inside or out. The interior features a lot of different textures and colours and feels anything but subcompact. Mazda's consul-mounted controller is not my favourite way to navigate the infotainment sphere, but at least Mazda Connect is standard on all CX-3 models, to facilitate voice commands, and internet connectivity.

The Mazda2 origins mean the CX-3 is somewhat narrow and short. Wide people might be looking for more elbowroom up front, while people with any kinds of legs will look for more legroom in the back.

If you can do without all-wheel drive, the Mazda3 Sport (the hatchback) might be a better bet for families who prioritize interior space.

The CX-3's all-wheel-drive system is an all-new system that prioritizes weight saving. Mazda says it's about 20 percent lighter than its larger platform AWD systems. It keeps the vehicle in FWD until the front wheels start the slip, and then automatically engages the rear wheels.

When testing this vehicle in the off-road portion of the AJAC Car of the Year evaluations, I was expecting the CX-5's limited ground clearance to hold it back somewhat, and it did, but was surprised at how well it did otherwise in the dirt, and with considerably less body jiggling than the other competitors — a lower centre of gravity and lighter weight will do that for you.

Like most of its competitors, the CX-3 is fitted with tires more suited for communing than going through hill and dale, and would be the first thing you would need to upgrade if you're expecting your CX-3 to climb mountains.

All in all, the CX-3 is a success. It's not perfect but has a defined personality. Those who are drawn to this kind of crossover personality will like it a lot.

THE CHECKLIST | 2016 MAZDA CX-3

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 146-hp 2.0-litre I4
Transmission. Six-speed automatic
Price. Base $20,695 (plus destination)

COOL FEATURES

- Great driver's seat adjustability accommodates a wide variance in driver sizes.
- Adaptive headlights points low beams in the direction the driver intends to travel.
- Full suite of safety systems available, including brake support, blind spot monitoring, and lane departure warning.

MAZDA CX-3 PHOTOS: MIKE GOETZ/FOR METRO; ALL OTHERS CONTRIBUTED

MARKET POSITION

- Subcompact crossover based on the same platform as the Mazda2.
- Fast growing segment, popular with young couples and families, and empty nesters.
- As per Mazda's brand promise of zoom-zoom, one of the more lively vehicles in its segment.

POINTS

- Named AJAC's Best New SUV/CUV under $35K for 2016.
- Available in both FWD and AWD versions, the latter specially developed to retain lightness.
- High-tech engine features direct injection and high compression.

THE COMPETITION

Chevrolet Trax
Base price: $19,495

Nissan Juke
Base price: $20,698

Honda HR-V
Base price: $20,690

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From car racing to helping the Worst

CANADA'S WORST DRIVER

Reality TV instructor borrows from his experiences

The 11th season of Canada's Worst Driver recently wrapped up, but it's already calling for candidates for a new season. That means Philippe Létourneau has more work ahead of him.

As the program's high-speed driving instructor, it's his job to teach the bad drivers on the show how to safely handle a vehicle. It's one of many tasks he does as a driver trainer, a skill he took directly from his previous career as a race driver.

"I was born watching my dad race," Létourneau says. "My dad was a rally driver. They drove to the race so I could see my dad's race car from my window in front of me on the street."

Born in Montreal, Létourneau got into racing go-karts at 10 — the minimum age allowed in Quebec. As a teenager, he enrolled in a racing school run by Canadian champion Richard Spenard. He learned to work on the cars as well as drive them, trading his labour against his racing expenses.

But Létourneau credits his parents for his success.

"My parents gave me a break by paying my rent and food," he says. "But my dad was honest. He said, 'The odds (of making a living racing) are not on your side, but we'll try to do our best.' "

Létourneau raced in Canada, the U.S., and Europe, in such series as Formula 2000 Touring Cars and Rolex Daytona Prototypes, among others, earning more than 40 podium finishes. Ultimately, though, he knew his father was right. "You could count on 10 fingers the Canadian racers that really made a living just from racing," he says. "I started coaching at the racing school, and with a bit of luck and a lot of hard work, it became my job. I discovered it was great helping people. I knew I wouldn't make Formula 1, but I loved the sport, and there was a chance of making a living if I focused on teaching."

Through his company, PLB Autosport, Létourneau provides a variety of services, from one-on-one teaching to the work he does for such programs as BMW winter driver training and the Ferrari Driving Experience. He's also trained members of Quebec's provincial police force and worked with automakers and tire companies on product development.

Létourneau had a cousin who had been like a brother to him, but who died in a car crash at the age of 33. He saw the value in training the show's participants and in getting the safety message out to a wider audience.

Nothing's scripted, and the drivers really are as bad as they look, he affirms. "I try to keep my poker face, but sometimes, my head is spinning," he says. "They'll do something, and I'll think, yeah, that'll be on the show."

He enjoys being recognized in public by the show's fans, but it's really all about teaching.

"I'm one of the guys who lost somebody from a car accident, and it touches real people with real impact," he says.

TORSTAR NEWS SERVICE

Philippe Létourneau on the set of Canada's Worst Driver. COURTESY DISCOVERY/BELL MEDIA

DETROIT AUTO SHOW

From dashboards to dashing dresses

Models in formal dresses made from Inteva's Inteather strutted on a pop-up catwalk in Detroit. COURTESY INTEVA

One auto supplier is taking the term "ready to wear" to a whole new level.

Inteva Products commissioned a fashion designer to produce four gowns using the same thermoplastic material the maker of engineered components and systems places in the instrument panel surfaces of some General Motors vehicles. The results were on display during a recent pop-up fashion show at the North American International Auto Show in Detroit.

Four models outfitted with formal dresses made from Inteva's Inteather strutted along a carpeted area. The models strutted by GMC Yukon and Sierra vehicles, both of which feature instrument panel surfaces made of the thermoplastic olefin material, while dumbfounded attendees stared. Inteather has the appearance of leather, but Inteva says it weighs less, lasts longer, and is recyclable.

THE ASSOCIATED PRESS

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'Fiata': The Japanese-Italian colab

NSX

A powerhouse sports hybrid

NSX is a hybrid, but it's about helping performance more than saving fuel: Promising a technological powerhouse, Honda has released most of the details about its hybrid 2017 NSX sports car. The original NSX, released 25 years ago, was the world's first all aluminum-bodied two-seat sports car. It was discontinued after the 2005 model year. Each new next-gen NSX will be effectively hand-built by a group of 70 technicians at a plant in Ohio.

'FIATA'

Passion meets efficiency

Labelled "Fiata" by some industry wags, the Fiat 124 Spider is a new version of its legendary small two-seat convertible sports car. It combines styling queues from the original 124 Spider and a Fiat powertrain with its structure and underpinnings coming from the current generation Mazda MX-5 Miata. With Fiat style meant to recall the original Italian everyman's small sport-about, casual onlookers might be forgiven if they see more of Mazda's efficient little roadster, especially when seated inside: the interiors appear identical.

TEXT AND IMAGES BY WHEELBASE MEDIA

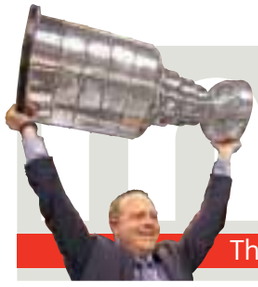
THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

MX-5

Aftermarket could 'go wild' over Spyder, Speedster

Mazda turned up the wick on its already well-received MX-5 two-seat sports car at the recent Specialty Equipment Market Association (SEMA) show in Las Vegas, in November, showing two new design concepts — a Spyder and a Speedster — each designed to take the MX-5's lightweight and fun-to-drive mission "a step further" by reducing weight even more while accentuating open-air driving. Both models highlight "the core strengths" of the MX-5, in collaboration with various aftermarket parts suppliers and performance shops.



metro SPORTS

The Blackhawks have given a three-year contract extension to GM Stan Bowman that runs through the 2020-21 season

Nik quick to net hat trick

JETS

Ehlers extends points streak to 4 games in win over Coyotes

A hat trick from rookie Nikolaj Ehlers and a pair of goals from Dustin Byfuglien fuelled a 5-2 Winnipeg Jets victory over the Arizona Coyotes Tuesday night.

Veteran winger Blake Wheeler drew assists on all of Ehlers' goals. The rookie's first-career hat trick extended his point streak to four games.

Brad Richardson and Anthony Duclair scored for Arizona (24-20-5).

Connor Hellebuyck turned away 32 shots for the Jets (22-24-3) for his 12th victory in his 22nd start of the season.

Ehlers opened the scoring on the power play 6:55 into the first, capitalizing on Michael Stone's second penalty of the game — a hooking call that hauled down Ehlers as he found a net-side rebound.

A challenge from Arizona head coach Dave Tippett was needed before Ehlers' goal became official, but video review determined Jets defenceman Dustin Byfuglien, who earned the goal's primary assist, did not interfere with Coyotes goaltender Louis Domingue as a Wheeler rebound found Ehlers' stick.

Ehlers scored his second with 6:07 remaining in the first, knocking Wheeler's centring pass out of mid-air, off the post, and off Domingue's back and in to make it 2-0.

Nikolaj Ehlers completed his first hat trick 14:31 into the second period of Tuesday night's game. TREVOR HAGAN/THE CANADIAN PRESS

Byfuglien extended Winnipeg's lead to 3-0 six minutes into the second period. Appearing to dump the puck into the Arizona zone from centre, Byfuglien turned his hips as he released a slapper and fooled Domingue, beating the goaltender under his right pad.

Ehlers completed the hat trick at 14:31 of the second, taking a Wheeler centring pass while coasting backwards before wiring a wrister high-blocker on Domingue. It was the 19-year-old's first multi-point game of the season. He has 12 goals and 10 assists in 49 games.

TUESDAY At MTS Centre

JETS	COYOTES
5	2

With Jets defencemen Ben Chiarot and Jacob Trouba off for holding and high-sticking late in the second, Winnipeg's 28th-ranked penalty kill went to work down 5-on-3 for 1:45 against Arizona's 14th-ranked power play. But the Coyotes played dangerously, allowing a Bryan Little breakaway moments before Byfuglien cashed in on his own for his 14th goal of the season.

The Jets remain perfect at home against Arizona — 6-0-0 since the franchise relocated from Atlanta in 2011.

THE CANADIAN PRESS

CFL

Bombers sign vet Dressler

The Winnipeg Blue Bombers signed veteran slotback Weston Dressler on Tuesday.

Dressler spent eight seasons with the Saskatchewan Roughriders before being released Jan. 14.

The five-foot-seven, 180-pound Dressler was a two-time CFL all-star with Saskatchewan and made two Grey Cup appearances with the club during his tenure, winning in 2013.

Dressler was the CFL's top rookie in 2008 and accumulated 539 catches for 7,797 yards and 50 TDs with Saskatchewan.

"Adding a veteran player with his skillset was really a no-brainer for us," Winnipeg general manager Kyle Walters said in a statement. "We were all immediately interested in adding him to our offensive lineup, and we're very excited to have Weston on our side moving forward." THE CANADIAN PRESS

Weston Dressler is a five-time 1,000-yard receiver. THE CANADIAN PRESS FILE

WOMEN'S SOCCER

Herdman injects a healthy dose of youth into national team

Christine Sinclair is one of seven holdovers from the bronze-medal winning team at the 2012 Olympics. GETTY IMAGES FILE

While not dismissing the first three teams Canada will face at next month's Women's Olympic Qualifying Championship in Texas, coach John Herdman acknowledges it all boils down to Game 4.

A win in the semifinal and Canada is headed to Rio, looking to add to the bronze it won in heroic fashion four years ago in London.

Herdman has retooled his squad for the Olympic qualifier, shedding 10 members of his 23-woman World Cup roster last summer for a trimmed-down 20-player roster.

> **"Adding pace around players like Sinclair is absolutely crucial to give the space that she needs to operate.** John Herdman

Captain Christine Sinclair and six other veterans of the 2012 Olympic team remain for the Feb. 10-21 qualifier. But Herdman has infused youth into the squad with seven players 20 years old and under.

Players range in age from 16-year-old midfielder Deanne Rose to 34-year-old forward Melissa Tancredi.

Playing in Group B, 11th-ranked Canada opens against No. 89 Guyana on Feb. 11 before facing No. 48 Trinidad and Tobago on Feb. 14 and No. 76 Guatemala on Feb. 16.

Group A play, featuring the top-ranked Americans, takes place in Frisco outside Dallas.

The top two teams in each group play in the crossover semifinals Feb. 19 with the winners booking their ticket to Rio de Janeiro as representatives of North and Central America and the Caribbean. The championship game goes Feb. 21.

"The game we have to be freshest for is Game 4," Herdman told a media conference call Tuesday. "Whether that's the U.S., Costa Rica or Mexico. We have to get through the other games and put ourselves in a good position to be at our best for that fourth game."

THE CANADIAN PRESS

Drug ban costs Horcoff 20 games

NHL

Centre says he 'should have done research' into treatment

Shawn Horcoff GETTY IMAGES

Anaheim Ducks forward Shawn Horcoff was suspended for 20 games Tuesday for violating the terms of the NHL's performance-enhancing substances program.

The 37-year-old Horcoff acknowledged his mistake in a statement issued by the NHL Players' Association. He claimed he tried an unspecified treatment to speed up his recovery from an injury last fall.

"Although I was unaware that this treatment was not permitted under NHL rules, that is no excuse whatsoever," Horcoff said. "I should have done my research, and I should have checked with the NHL/NHLPA Performance Enhancing Substances Program's doctors. I accept full responsibility for my actions, and I am sorry."

Horcoff is the third player to be suspended under the program approved by the league and union in the most recent collective bargaining agreement. Zenon Konopka of the Buffalo Sabres and Carter Ashton of the Toronto Maple Leafs were suspended in 2014.

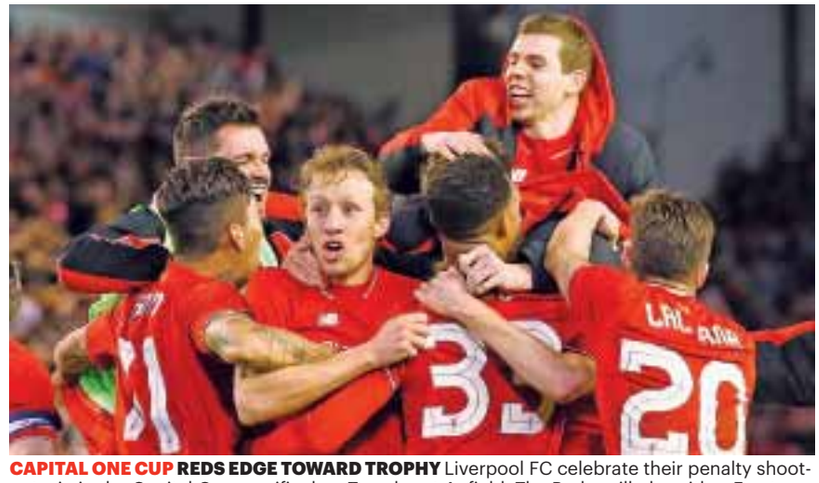
Horcoff will lose $357,526.88 of his $1.75 million salary during his suspension. The veteran forward is in his first season with the Ducks after 13 years in Edmonton and two more with Dallas.

Horcoff has six goals and four assists this season while playing in 45 of the Ducks' 46 games, providing solid veteran depth.

Ducks general manager Bob Murray signed Horcoff to a one-year deal in the off-season during a shakeup of his roster. Anaheim finished one game short of the Stanley Cup final last season, losing Game 7 of the Western Conference finals at home to eventual champion Chicago.

"The Anaheim Ducks organization fully supports the NHL/NHLPA Performance Enhancing Substances Program," Murray said in a statement. "We will also continue to support Shawn as a player and person throughout this process."

THE ASSOCIATED PRESS



CAPITAL ONE CUP REDS EDGE TOWARD TROPHY Liverpool FC celebrate their penalty shootout win in the Capital One semifinal on Tuesday at Anfield. The Reds, will play either Everton or Manchester City in the Feb. 28 final at Wembley Stadium. Everton leads 2-1 heading into the second leg of its semifinal on Wednesday. JON SUPER/THE ASSOCIATED PRESS

IN BRIEF

B.C. stays unbeaten with win over N.S. in junior curling

B.C.'s Sarah Daniels defeated Nova Scotia's Mary Fay 7-4 in a battle of unbeaten rinks Tuesday at the Canadian junior women's curling championship in Stratford, Ont.

Daniels scored three in the third end and put the game away with a deuce in the 10th to improve to 5-0 after eight draws Fay fell to 5-1 and moved into second place in Pool B. THE CANADIAN PRESS

Griffin injury came from punching Clippers staff

Blake Griffin will be out for as long as six weeks with a broken shooting hand after punching a Los Angeles Clippers staff member during a road trip.

The star forward underwent a procedure and was treated by an orthopedic surgeon after returning early to Los Angeles from a five-game road trip, the team said Tuesday.

THE ASSOCIATED PRESS

RECIPE Basil and Sun-dried Tomato Crusted Salmon

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This intensely flavoured crust takes salmon to show-stopping heights. It's simple to make, but you're going to feel positively chef-y putting this on the table.

Ready in
Prep time: 10 minutes
Total time: 25 minutes
Serves 4

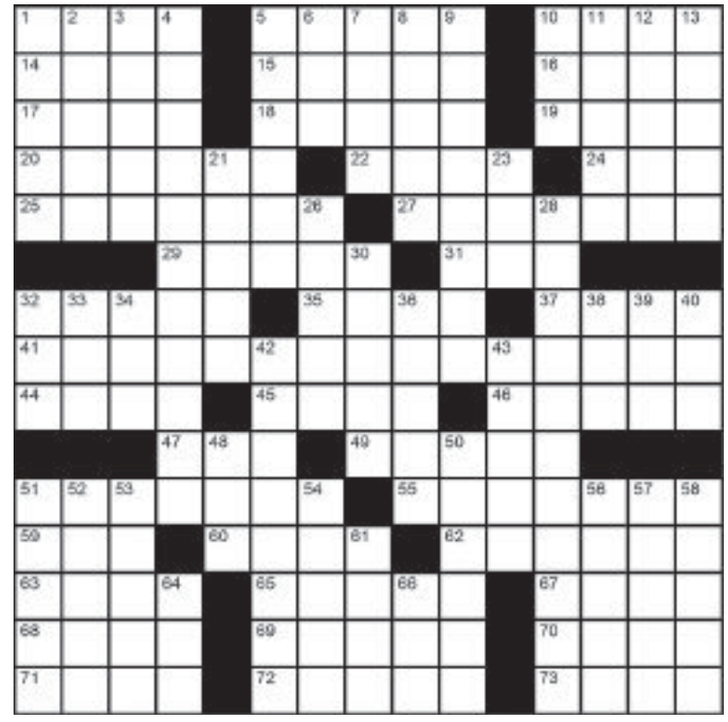
Ingredients
- 4 x 5 oz salmon fillets, skin on
- 1 cup chopped sun-dried tomatoes (not packed in oil)
- 3 cloves garlic
- 2 cups basil leaves
- Pinch of salt
- 1/4 cup olive oil

Directions
1. Preheat oven to 350 F.
2. In a food processor, add the sun-dried tomatoes and garlic and process until you have a rough chop. Add the basil, salt and slowly drizzle the oil in as you process until it reaches a rough paste.
3. Lightly oil a rack and place it over a baking tray. Place the salmon skin side down on the rack. Pat the tomato mixture on top of the salmon, forming a thick layer.
4. Place the salmon in the oven on the middle rack of the oven and bake for 15 to 20 minutes (a thick fillet may need more time), or until the salmon separates into flakes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fleece
5. Fast food restaurant order
10. E-Mail junk
14. Forearm bone
15. Farewell, in France
16. Ti-Cat's foe
17. NASA target in 1969
18. Style of earthenware
19. Lima's locale
20. Quickly rotating star
22. Brain's frontal _
24. Moray _
25. Carpet cleaning machine
27. Like the natural patterns of hardwood flooring
29. Ascends
31. Gremlin
32. Joseph _, 'Father of the Symphony'
35. Crosswords buffalo
37. "Which drive-_ _ you want to go to?" ...asked one retro movie-goer of another
41. Roadside attraction in Varney, Ontario which is the world's largest what?: 2 wds.
44. Classic TV mouse, _ Gigio
45. Make film cuts
46. Array
47. Mil.'s special _
49. Placed cargo onto the ship
51. Bridesmaid dress fabric
55. Brush aside
59. Montreal 'street'
60. Duchess of _ (Subject of Spanish painter Goya)
62. Hinder
63. Norse deity
65. Ancient column style
67. Decline
68. Fermented soybean paste
69. 'N' of TNT
70. Ripened, as cheese
71. Plant containers
72. Choral club songs
73. Longbow woods

DOWN
1. Water collectors in basements
2. Influence
3. Lizard variety
4. Style of building topper seen in historic French architecture, such as in Quebec: 2 wds.
5. Inner circles
6. John Keats specialty
7. Pepper _
8. Obscure
9. 1995 Donald Sutherland movie about a deadly virus
10. Exhaust
11. Primp
12. Harmonize
13. Humid spaces problem
21. _ acid
23. 'Ether' suffix (Airy/delicate)
26. Make 1 + 1 = 2 again
28. Hit for Canadian band Big Sugar that starts "Peace came to me...": 5 wds.
30. _-paced (Slow)
32. Brim locale
33. Flurry
34. Litter cry!
36. Group of eight
38. Grandma
39. Like, hippy-style
40. Iron _
42. Baby bird that hasn't yet left home
43. Toothpaste brand
48. Potpie piece
50. '70s night spots
51. Badly defeat
52. _ recording
53. Singer/songwriter Leslie born in Amherst, Nova Scotia
54. Bring to _ _ (Cookbook instruction)
56. Reflection
57. Brawn
58. Plant origins
61. Payment in poker
64. Un-yeses
66. Dublin's locale, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to get involved in other people's problems today — or they may become your problems too. On this occasion it's better if they learn how to take care of it themselves.

Taurus April 21 - May 21
You've worked long and hard to get where you are now — don't throw it all away by being impulsive. If you let your emotions get the better of you it could damage your credibility.

Gemini May 22 - June 21
The Sun in Aquarius endows you with limitless self-confidence, but you must not take things for granted. It would be easy to fall into the trap of believing that nothing can go wrong — but that's just when it will!

Cancer June 22 - July 23
You are capable of doing more. The right opportunity will come along at just the right moment. Take it easy and take your time and be ready to take your big chance when it arrives.

Leo July 24 - Aug. 23
Things that happened in the past have nothing to do with what is happening today, so stop harking back to "the good old days" and make today special and rewarding.

Virgo Aug. 24 - Sept. 23
Routine matters may bore you but it's important you do a good job on the task you've been assigned. Someone in authority is watching. If they like what they see you could soon be on the way up.

Libra Sept. 24 - Oct. 23
You will get a lot done in a relatively short space of time today. Social and romantic activities loom large over the next few days, so get on top of your work load now and devote the remainder of the week to having fun.

Scorpio Oct. 24 - Nov. 22
Partners and loved ones have been demanding and you are getting tired of having to be there for them 24/7. It won't be long before you can start making a few demands of your own!

Sagittarius Nov. 23 - Dec. 21
You may be somewhat annoyed that friends and loved ones are depending on you to get them out of a fix, but you will do it anyway. Be sure to reward yourself afterwards.

Capricorn Dec. 22 - Jan. 20
You got something wrong. Speak up now there will be no hard feelings and no financial repercussions. However, if you leave it for a day your apologies may not be accepted.

Aquarius Jan. 21 - Feb. 19
If there's an important decision to make then make it now, otherwise it will be taken out of your hands and given to someone who may not be sympathetic to your needs.

Pisces Feb. 20 - March 20
For quite some time you have been fearing the worst but over the next two or three days you will realize that the worst is unlikely to happen — and even if it does it won't be as bad as your imagination led you to believe!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	9				7			
4		7				2		
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						7	5	6
							9	1

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	4	9	2	1	7	5	6	3
3	6	1	9	4	5	8	2	7
2	5	7	8	6	3	4	1	9
7	2	5	4	9	6	1	3	8
4	9	6	3	8	1	7	5	2
1	8	3	7	5	2	6	9	4
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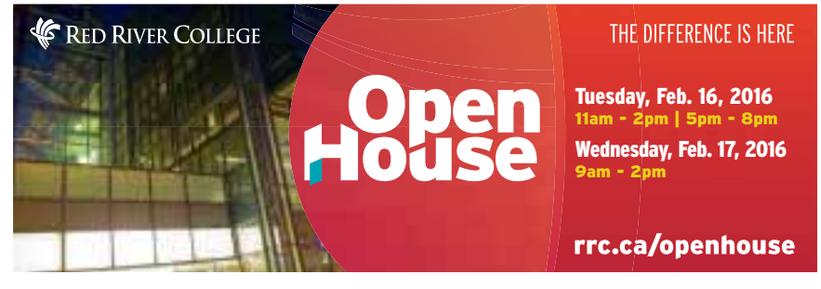
6	7	8	1	3	9	2	4	5



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